



**Hamilton Diocesan Council**  
of  
**The Catholic Women's League of Canada**

*Inspired by the Spirit — Women Respond to God's Call*



Directive #1

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**To:** Diocesan Presidents, Council Christian Family Life Chairs

**From:** Joyce Cotter, Hamilton Diocesan 2<sup>nd</sup> Vice President/Christian Family Life Chair

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*"Jesus, I sometimes feel lonely, purposeless and empty. I welcome your reassurances that you are with me each step of the way. Help me to listen for your guidance. Lord, knowing that you are with me, in a moment of silence, I lift up to you my desires. Today I pray that I may reach out to others in cheer and that they in turn will take time to show me they care. Only happiness can overtake my loneliness. This is a special gift only you can give. I praise you in advance for brightening my spirits and filling my heart with your joy which you so generously give me through people, in nature and in the simplest ways. Lord, when I am lonely, remind me that joy is a true sign of your presence and blessing."*

*(Betty Tanney, Humble Prayer)*

**Alone is something you feel when you have so much to share  
but you have no one to share it with.**

Did you know that 43% of seniors rarely have visitors, and may spend their day alone? The more time spent alone and isolated can lead to depression, mental health issues and cognitive decline.

The League is a family and the "heart" of our faith community. We are the hands and feet of God. How are we reaching out to our fellow members of our faith community?

Do we make our seniors feel special and appreciated? Do we recognize the limitations they may face and are accommodating to their needs?

**Do we:**

- use a microphone at general meetings, or have a portable mic for questions/answer sessions
- offer rides or facilitate car pools to attend socials and parish functions
- hold events/meetings during daylight hours
- offer large print bulletins, missals, books and newsletters
- have a home visitation team, an outreach program for the bereaved, a nursing hospital palliative care team
- have prayer partners so each member is remembered in prayer

- take a moment to give a compliment or praise, people don't hear how special they are often enough
- Ask for their opinion, take the time to listen and acknowledge their concerns, and have them share their faith journey because it is in these moments when we are transformed in love.

For our members who have gone through the tragedy of separation, divorce, or widowhood, we need to be delicate with their feelings and their pain. We need to be a source of love and comfort, a compassionate listener, a non-judgmental friend, a patient supporter as each person has their own personal journey through grief. We need to help be the source of healing and hope.

Resources:

The Diocese of Hamilton offers wonderful resources on:

- a) Parish Nursing Ministry
- b) Palliative care: <http://www.makingmywishesknown.ca>
- c) Caregiver support
- d) Bereavement – overview on grief
  - Support people through loss
  - Packages for families who suffered a loss
  - Six week bereavement workshop – St. James, Oakville starting on October 24, 2017

Diocesan of Hamilton website:

<https://hamiltondiocese.com/offices/familyministry>

Book: "A guide to end-of-life care for seniors" is available from [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Jesus reached out in love to people to meet their physical needs. We too are called to minister in love to others. We build up our church community by putting faith into action.

Thanksgivings a wonderful time to gather with family and friends and reflect on the blessing of the last year. We are renewed in faith and hope when we spend time each day in giving thanks and prayer.

***"You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God." 2 Corinthians 9:11-12***

*Inspired by your Spirit!*

*Joyce Cotter*